

Tribute

Research to
restore lives
Gallipoli
Centenary
2015



NEWSLETTER OF THE GALLIPOLI MEDICAL RESEARCH FOUNDATION

VOLUME 14 MARCH 2015

We will remember them.



Gallipoli Centenary 2015

Keeping the ANZAC spirit alive at the Gallipoli Medical Research Foundation

This year, we commemorate one hundred years since our troops landed at Gallipoli during World War I. The spirit of endurance, duty and love of country that followed has gone on to define us as a nation.

2015 also marks ten years since the opening of the Gallipoli Medical Research Foundation. This Foundation was established so that we might remember and take inspiration from the discipline and dedication exemplified by our veterans. Your support has led to some major achievements in the past decade. **You have changed lives.**

In this Gallipoli Centenary special edition of Tribute, we celebrate how your generosity helps to keep the ANZAC spirit alive in our community. Your mateship for those who are suffering creates a legacy that will enhance the health of Australia for generations to come – a fitting tribute to those who gave of themselves for our freedom.

How do your donations help veterans today?

Post-traumatic stress disorder (PTSD) is a disease which causes sufferers to battle with disturbing flashbacks. They are constantly on 'red alert' and experience intense reactions, making everyday life a challenge.

In 2014, we launched the *PTSD Initiative* to support those battling this debilitating illness. As we honour our veterans during this year of commemoration, it is important that we dispel the myths surrounding PTSD.

PTSD is not a recent 'phenomenon'.

PTSD is a relatively new name for a condition that has plagued veterans throughout history. Our diggers of WWI were told they had 'shell shock' while in WWII the term changed to 'combat fatigue'. In the past, many veterans were accused of feigning illness to gain compensation; a view which persisted until recently.

The disease came to be better understood under the name of PTSD in the 1980s. Today, PTSD is recognised as an illness which requires improved diagnosis and treatment so that we can better support those who are suffering.

PTSD is a life-threatening illness.

The disease is a silent killer of veterans worldwide.

- In 2001-2009, more U.S. Veterans committed suicide than were killed in Iraq & Afghanistan.
- In 2012, more British soldiers committed suicide than were killed in action in Afghanistan.
- There is almost 1 suicide per day amongst active U.S. military personnel.
- It is estimated that at least 4,000 Australian veterans of the war in Afghanistan alone have or will develop PTSD, in addition to many other Australian veterans of Iraq or peace-keeping missions in East Timor and elsewhere.

PTSD is a global problem. In this year of commemoration, your support means that we can lead the way in finding answers for our veterans. With continued funding, the next stage of our research will focus on research which will benefit younger veterans and their families.

Please donate today.

“There’s a whole load of guys coming back who don’t understand why their lives have changed, their families have broken up or whatever. This is important for our future, for future generations.

It’s vital that research is done, the same as liver research or cancer research.

This is just as important”

Alan Dorber OAM (Vietnam War veteran and Research Participant, PTSD Initiative).



Visit www.youtube.com and search for ‘Gallipoli Medical Research Foundation’ to see Ian Chappell speak to Alan and other Vietnam veterans about why this research is so important.

Turn the page to hear how our community is coming together to support those suffering with PTSD...





Mateship for the PTSD Initiative

We have developed a number of exciting new collaborations which will help our community to further tackle the issue of PTSD, together.

Royals Equestrian Centre

Royals Equestrian Centre have developed an equine therapy program which teaches current serving members of the Australian Defence Force (ADF) everything they need to know about horses. It is thought that bonding with the animals should have a therapeutic effect for participants. Our PTSD Initiative psychologists are independently assessing this ADF-funded program on a monthly basis, using specially designed questionnaires, in order to evaluate whether the program should be expanded to other ADF members.

Whiskey's Wish

Whiskey's Wish provide early intervention for PTSD in the form of highly-skilled, specially-bred Service Dogs that provide mobility and social support to veterans. This canine therapy aims to strengthen bonds and relieve stress for the whole family as the dog is integrated into the household. Our researchers are helping to design the structure of the program and each participant will attend three meetings with one of our PTSD Initiative psychologists to determine the value of the therapy.



Seb is one of the latest recruits to join Whiskey's Wish for training as a Service Dog.

In Flanders fields the poppies blow...

For the Gallipoli Centenary Ball, we envisioned that guests would enter the foyer of Brisbane City Hall through a field of giant poppies. But it required a team effort to make this happen.

Visit <http://gallipoliball.com.au/latest-news.html> to see our field of poppies 'grow' with the help of Shed West Community Men's Shed & Kenmore-Moggill RSL.

Gallipoli Centenary Ball

Tickets sold out!

Flight Centre is committed to ensuring PTSD research can continue in coming years. They have joined us as one of the Headline Sponsors of the ball and have generously donated some truly amazing auction prizes, with the help of Ian Baker-Finch and Ian Chappell.

England vs Australia

Investec Ashes Test Match Experience

1. Two tickets to Days 1-3 of the Investec Ashes Test Match at the Kia Oval, Surrey County Cricket Club.
2. Two return business class flights to London.
3. Dinner with Ian and Greg Chappell at Tattersall's Club for 4 people.



"Part of a Captain's role is to rally his team to victory but the challenge to win a game of cricket pales in comparison to the fight our diggers face with PTSD. I am honoured to be the Ambassador of the Gallipoli Medical Research Foundation's PTSD Initiative. In this year of commemoration, I urge you to join the battle against PTSD and support this world-first research", Ian Chappell



Ian Baker-Finch PGA Experience

1. Two tickets to one of the PGA tournaments' in the US between May 2015 and May 2016.
2. Two return business class flights to closest US hub.
3. Spend the day with Ian Baker-Finch, meet and greet the players.
4. Meet and greet with CBS announcers, lunch at course with CBS and tour of the compound/production trucks. (Not including the Masters).

"Post-traumatic stress disorder (PTSD) affects over 1 million Australians at some point in their lives. As we commemorate the ANZAC landings at Gallipoli I am proud to partner with Flight Centre to support the Gallipoli Medical Research Foundation's research into PTSD", Ian Baker-Finch.

The auction of the Gallipoli Centenary Ball will be open in March and you will be able to bid from the comfort of your own home using your computer or smartphone!

Visit our website www.gallipoliball.com.au to register for the auction today.





John with Dr Victoria Atkinson (Lead Investigator, melanoma clinical trials at GMRF)

There are more cancer survivors at this moment than ever before

Take a moment to think about that.

When John Hatfield was diagnosed with metastatic melanoma, he was told he had nine months to live... that was two years ago!

Each year, more and more people you know are becoming cancer survivors – these are the people that medical research has found the answers for. Your support is saving lives!

Queensland has the highest rate of melanoma worldwide. Once the cancer becomes metastatic (or spreads within the body) patients are given a frighteningly short life

expectancy. That was the scary reality that faced John when he was diagnosed.

After speaking with his family, John decided to join a melanoma trial in our Clinical Trials Unit (CTU). He says, "It was the best decision I ever made".

The trial John signed up for is one of two recent studies in our CTU which have almost doubled life expectancy for melanoma patients. The findings of both studies have now been published in the world-renowned New England Journal of Medicine, with Dr Victoria Atkinson named as one of the lead investigators.

RESEARCH UPDATE

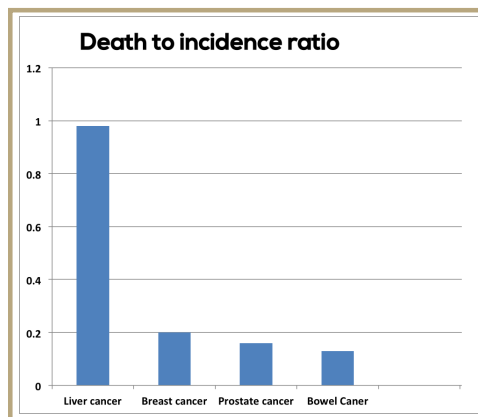
Dr Atkinson understands the importance of collaboration and ongoing education for those working in medical research. She recently made a personal donation of \$20,000 to the newly launched GMRF Empowering Knowledge Fund to support other researchers attend educational industry events to ensure their work can reach the largest audience possible.

Families fighting liver cancer still need your help

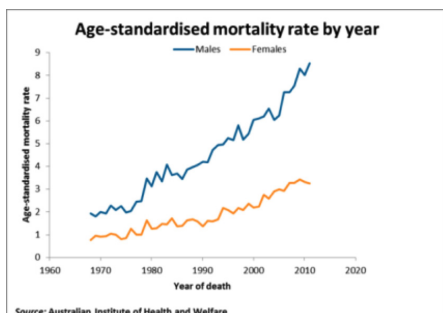
On World Cancer Day in February, liver cancer was confirmed as Australia's greatest cancer challenge.

New analysis revealed that liver cancer has the shortest average survival rates of any cancer in Australia. For every Australian diagnosed with liver cancer, another Australian loses their life.

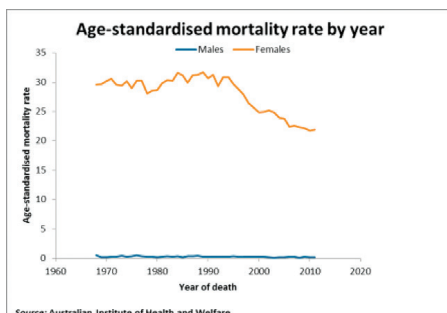
Recent analysis showed that liver cancer had a death-to-incidence ratio of 0.98 (almost one death for every new case), compared with much lower ratios for breast cancer (0.2), prostate cancer (0.16), melanoma (0.13), and bowel cancer (0.26). Ratios closer to 0 indicate longer average survival while ratios closer to 1 indicate shorter average survival.



In fact, since 1970, the death rate for breast cancer has fallen by approximately 40% while the death rate for liver cancer has risen by 800% in the same amount of time.



Liver Cancer



Breast Cancer

How do we help to stop those battling liver cancer from losing hope? **Medical research.**

It is the only way to change these frightening statistics. The outlook for other cancer patients has improved directly in line with an increase in funding to those areas. We need to give the same hope to those fighting liver cancer. GMRF laboratories include the only dedicated liver cancer research facility in Queensland.

Your support can save lives.

BREAKING NEWS!

Research Update

Dr Steel, Head of GMRF Liver Cancer Unit, has been involved in a major advancement in immunological therapy. The research, published in the international journal Nature Communications, has disproved the long held belief that immune responses can only be created within lymphoid tissue. Understanding the development of immune responses helps to understand how infections are able to stimulate or escape the body's immune system, creating new avenues for treatment of viral conditions.



Donate Now

Please donate to ensure that Dr Steel's life-saving work can continue.

Christmas Appeal update

The team here at GMRF would like to sincerely thank all of you who so kindly supported our Christmas Appeal 2014 raising over \$41,440 for our research. The young mother whose story we shared is also grateful for the support you have shown to families like hers.

It is now almost 6 months since her liver transplant and she is "doing very well". She is glad to be back to work and is looking forward to spending the Easter holidays with her family.

Please continue to support this important area of need and help create the next generation of liver cancer survivors.



A Day in the Eye Lab



'In 1915, eleven years before the discovery of insulin, patients with diabetes could only be treated by diet. Severe diabetics were condemned to a short lifetime on a very restricted and unpalatable diet before their inevitable fatal end.'

This extract from The Practitioner's Encyclopaedia of Medical Treatment, published by Oxford Medical Publications in 1915, reminds us of the advances which have taken place in medical research over the past 100 years.

Those suffering with diabetes now have many treatments and interventions available to help them to manage their disease. However, more research is needed in the area of diabetic retinopathy.

This disease is the leading cause of blindness in people aged 30–69 years. Once their sight is lost, it cannot be restored.

With your support, we established the GMRF Ophthalmology Research Unit with the determined goal of curing diabetic blindness. Our researchers are searching for answers every day and they need your help.

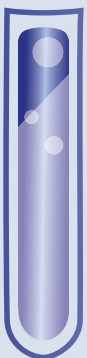
EVERY DONATION COUNTS

\$5 Enables the unit to establish one small experiment.



What can you do to help if you can't afford a donation today?

\$500 Allows the unit to complete one full day's worth of experiments directed towards curing blindness.



"Spread the word. Make a point to tell everyone you know about the dedicated efforts of GMRF researchers to find cures for blindness. Ask people you know to support us and be a part of that cure." – Dr Christopher Layton, GMRF Head Researcher.



\$10,000 A donation of this level would pay for the items needed for experiments for a whole two months!

NEW – Research study with the potential to prevent liver failure

Fatty liver disease affects up to about 30% of the adult population. The most severe form of the disease is non-alcoholic steatohepatitis (NASH) and involves inflammation in the liver that may lead to cirrhosis (liver scarring), liver failure and premature death. NASH is a 'silent' liver disease that affects 2-5% of the worldwide population.

Most individuals with NASH feel well and are not aware that they have a liver problem until there is progression to cirrhosis. It is vital that we develop new treatment options and interventions.

Dr Laurence Britton, gastroenterologist and researcher on the GMRF PhD Scholarship Program, is the Lead Investigator on a new liver disease trial designed to study the effects of reducing the amount of iron present in fat.

"Effective treatments for fatty liver disease are desperately needed," says Dr Britton. "Lifestyle changes, including diet and exercise, are recommended but are difficult to implement for most. Some recent studies have suggested that reducing iron by venesection (like blood donation) may be of benefit to some people with fatty liver disease."

Increasing evidence suggests that the level of iron present in fat is having a negative impact on this disease. As such, this study seeks to improve our understanding of what happens when you reduce iron levels. "Ultimately, it is hoped that treatments directed against the iron in fat could be developed," says Dr Britton "this could have the potential to prevent liver failure for patients with this common and largely untreatable disease."



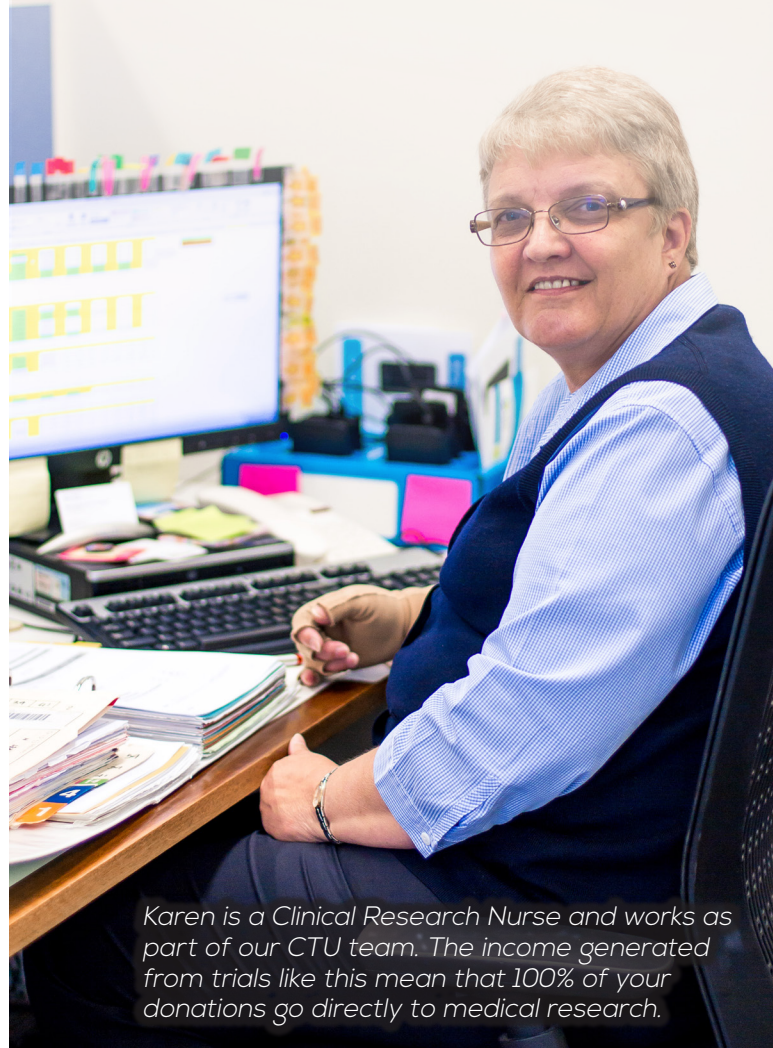
"Most individuals with NASH feel well and are not aware that they have a liver problem until there is progression to cirrhosis".

Dr Laurence Britton

Rheumatoid arthritis affects nearly half a million Australians.

If you have rheumatoid arthritis, are your family at greater risk of developing the disease at some point in their life?

Our Clinical Trials Unit is working with Dr Helen Benham and her team at the Diamantina Institute (University of Queensland) on a study funded by the National Health and Medical Research Council which will help us better understand how to prevent the development of rheumatoid arthritis in sufferers and their loved ones.



Karen is a Clinical Research Nurse and works as part of our CTU team. The income generated from trials like this mean that 100% of your donations go directly to medical research.

The ultimate act of mateship

In January, we received a very sad yet inspiring phone call at GMRF.

Mr Josef Thomassen rang and told us that his neighbour Mrs Lucie Spatz had passed away. Mr Thomassen and his wife had been close friends to Mrs Spatz for many years. She had lost her husband to cancer in when he passed away in Greenslopes Private Hospital in 2010.



Mr Willy and Mrs Lucie Spatz

When we learnt that Mrs Spatz had chosen to leave a bequest to our Foundation, we were moved. When Mr Thomassen told us the amount of the bequest, our receptionist thought she must have misheard. Mrs Spatz had generously gifted \$129,651 to our work!

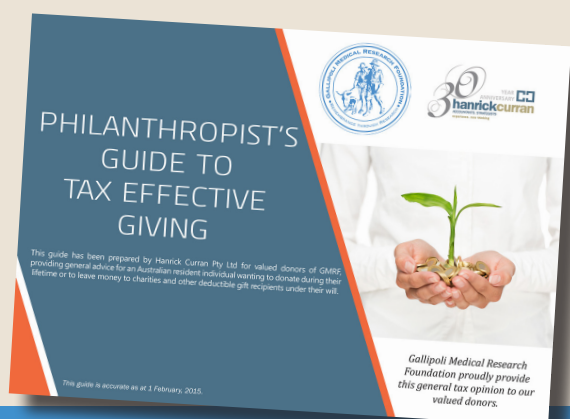
We wish that we could have thanked Mrs Spatz during her lifetime. Unfortunately, we did not know about her selfless act of generosity until she had passed away. We are honoured and forever grateful for this final act of mateship which will help to find answers for those suffering today.

"We are a small Foundation; we rarely receive such calls. We know that all of you who donate to our research also have many other causes close to your hearts. We struggle for bequest donations against the more well-known charities.

Please do not feel that you need to be extremely wealthy to leave a gift in your will. We hope you know that all gifts — no matter how small you may think they are — can make a difference to our work. The combination of your gift with that of other GMRF supporters can lead to breakthroughs that will improve the health of others for generations to come."

Anna Coles, GMRF Philanthropy Manager

Our accounting, specialist tax and audit firm Hanrick Curran have prepared a special booklet entitled **The Guide to Tax Effective Giving** to help you and your family to ensure that any financial contribution in your will is gifted in the most tax efficient manner. Please contact Anna Coles at 07 3394 7284 or ColesAnna@ramsayhealth.com.au for your free copy.



COMMUNITY UPDATE

Gill's Old Bastards continue to be huge supporters of GMRF cancer research and donated \$6840 in November, bringing their total donations to GMRF over \$35,000!

Greenslopes Private Hospital held an Australia Day BBQ for all staff, free of charge. As a lovely mark of thanks, staff donated \$316 to GMRF through a gold coin donation.

The Christmas Bake-Off at the Library Cafe (located in the State Library of Queensland) raised \$400. Thank you to all the staff and customers who took part!

The lovely ladies of the Women's Interest Group Society have named GMRF as their Charity of 2015.

Customers at Grill'd Burgers in Eagle St Pier have voted for GMRF as their charity of the month in both October and January, raising \$600.

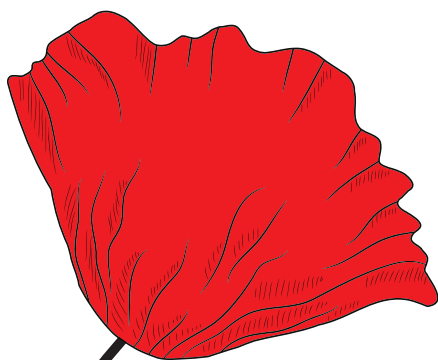
Alma Williams and her friends Noel & Jenny celebrated Australia Day with a Camp Oven Dinner and asked friends to donate to GMRF, raising \$548.

Musician Ken McDonald has raised \$1,170 for GMRF, through the sale of his CD Heading North.

Visit <http://kenmcdonaldmusic.com/wordpress/> to purchase a CD and support his hard work.



Ian Rennie from Gill's Old Bastards presents a cheque for \$6840 to Maria (GMRF Communications Coordinator).

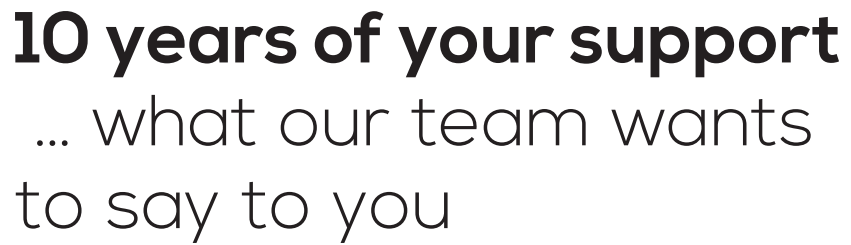


Introducing the Gallipoli Poppies

For many years, the symbol of the poppy has helped us to commemorate those we have lost in war. For the Anzac Centenary, GMRF are joining with Issada Cosmetics to also celebrate the poppy as a symbol of the strength, resilience and stability of women from the past 100 years. A group of inspiring ladies, aged from 22 to 94 years, will be sharing their stories throughout the year so that their strength may inspire others who are facing similar challenges.

Brisbane-based company Issada Cosmetics will launch a limited edition, poppy-red lipstick at GMRF's Gallipoli Centenary Ball on 18th April. The Issada Poppy lipstick will be on sale in Issada Cosmetics stockists and Ramsay Health Care QLD hospital pharmacies from April 2015 to April 2016. **10% of all sales will support the world-first research of the PTSD Initiative.**

Please visit www.gallipoliresearch.com.au to learn more about the Gallipoli Poppies campaign.



Jane O'Brien (GMRF Finance Manager and longest-serving staff member).

